



Back

Warm Up

Incline walk on the treadmill for 15 minutes to prevent injury and get blood flow going

Back

Hammer Strength Pullover

5 sets 5 reps

Alt: Lay on bench and replace with dumbbells

Close Grip Lat Pull Down

3 sets 10-80-6

T-Bar Row

3 sets 6-8 reps

Heavy with slow control, use spotter if possible

Seated Cable Rows

3 sets 10-12 reps

Pull-Ups

1 set with straps until failure

Try with a spotter for wide grip

Seated Dumbbell Shrugs

3 sets 10 reps

Squeeze and isolate during each rep

This workout is intended for informational purposes only. Please consult a physician before beginning any exercise program.